



## Date #3

Cultivating Communication

### Introduction and Background

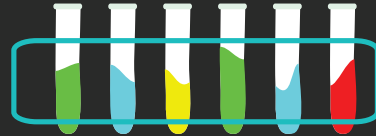
On this great date, you will go from exclamation point to exclamation point. Some points are designed to surprise you, some to excite you and some might even make you...angry. Don't worry, this date is not an interrogation, evaluation, or examination.

### Procedure (the date):

#### Step 1: Connection Point (!)

Select a place for dinner and discuss the following questions:

- I knew you were the one for me when...
- If you could take the kid-version of me to a time in your childhood, when would it be?
- If I decided to get a tattoo that summed up in one word why I love you, the word would be...
- If we had two days alone, what would we do?



#### Step 2: Point Guards (!)

Men communicate better when they are engaged in an activity. Choose an activity for this point.

- Here are some examples:
- Take a walk in a special place.
  - Take a drive down a country road.
  - Toss a ball or frisbee at a park.
  - Go to a mall.

**We all need to make our points on important issues; however, in our attempts, we can damage our relationships. These Point Guards will help you make your point and guard your marriage at the same**

**Feel It or Fix It-** When your spouse shares one of life's frustrations, they have a specific need. Sometimes it's for you to **feel it** other times, **fix it**. Most often, do you want me to feel it or fix it?

**Coming and Going -** For many couples, leaving for the day and arriving home are times of tension. What can I do to make our daily coming and going a good thing?

**H.A.L.T. -** When we are hungry, angry, lonely, or tired, we are not in the right place to communicate. When are you most likely to be experiencing H.A.L.T.?

**Connection Is The Key -** Couples that communicate effectively are the most connected. When and in what ways do you feel the most connected to me?

**10 to 10-** When it comes to communication, it has been said that nothing good ever happens after 10 p.m. or before 10 a.m. Do you think this applies to us?

### Step 3: Brownie Point (!)

Go to a grocery store and separate. You have ten minutes and \$3 to purchase a dessert you think your spouse has never tried. Meet back at the entrance. Then choose a place to enjoy your sweets. Once you decide, feed your spouse the dessert. Tell him or her why you chose what you did.

**Optional Task: Create a new dessert nickname for your spouse.**

$$P_A = P_{\text{total}} \times X_A$$

where  $X_A = \frac{\text{moles } A}{\text{total moles}}$

$$P_{\text{total}} = P_A + P_B + P_C + \dots$$

$$PV = nRT \quad D = \frac{m}{V}$$

### Step 4: Make Your Point (!)

While driving home, finish this sentence:

- When it comes to the way I feel about you and our future, I want you to know without a doubt...

Once home, choose an option to punctuate your date:

Carve your initials into a tree

If you don't have something to carve with, go into the house and get a carving tool (steak knife, screwdriver, etc.).

Start a growth chart of "looove"

Somewhere in the garage or house, write your initials and tonight's date on the wall and repeat after each date.



**Final Point (!):** Now's the time when it is all up to you...OH YEAH!